



Breakheart Reservation

Department of Conservation and Recreation

JULY 2022 PROGRAMS

All Programs are free and open to the public. An adult must accompany children. Reasonable accommodations available upon request. Parking fees may apply depending on program location. For more information please email Brett Power, Visitor Services Supervisor, at brett.power@mass.gov.

Daily	<p>CHRISTOPHER P. DUNNE VISITOR CENTER 9:00 a.m.—3:00 p.m. 177 Forest Street, Saugus</p> <p>This rustic building is modelled after a hunting lodge which once stood on the land. Stop in to find historic photos, artifacts, and animals!</p>
Sunday July 3	<p>STORIES IN STONE HIKE, 10:00 a.m.—12:00 p.m. Visitor Center, 177 Forest Street, Saugus</p> <p>Breakheart has been shaped not only by nature but by the many people who have called it home. Join our park interpreter to uncover this history through the stone artifacts they left behind. This is a 2.5 mile moderate hike along rocky trails, with several stops. Best for adults and older children with a keen interest in history. <i>Meet outside the Visitor Center. Rain cancels.</i></p>
Sunday July 10	<p>GLACIAL GIANTS HIKE, 10:00 a.m.—12:00 p.m. Visitor Center, 177 Forest Street, Saugus</p> <p>Countless clues to a glacial past dot the landscape. If one knows where to look, this hidden geologic history can be revealed. Join our park interpreter to better understand the natural processes that have shaped our world. This is a 1.8 mile moderate hike along rocky trails, with several stops. <i>Meet outside the Visitor Center. Rain cancels.</i></p>
Sunday July 17	<p>THE HIDDEN LIFE OF TREES 10:00 a.m.—12:00 p.m. Visitor Center, 177 Forest Street, Saugus</p> <p>Often what we do see of the natural world is less important than what we don't see. Learn how trees communicate with each other and what lessons they have to teach. This is a 1.5 mile hike along rocky trails, with several stops. <i>Meet outside the Visitor Center. Rain cancels.</i></p>
Sunday July 24	<p>FOREST BATHING WALK 10:00 a.m.—12:00 p.m. Camp Nihan Education Center</p> <p><i>Registration Required — email brett.power@mass.gov</i></p> <p>Come experience nature in new ways with the practice of forest bathing. This slow walk is designed to rest and restore the mind while strengthening our relationship to the natural world. Distance travelled will be under 1 mile and will be at a slower-than-usual-pace with many stops. <i>Meet outside the Visitor Center. Rain cancels.</i></p>



Breakheart Reservation
177 Forest Street, Saugus, MA 01906. Tel. (781) 233-0834

coming events



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Monday
July 11, 25

HIKE N' SEEK, 10:00—11:30 a.m.
Visitor Center, 177 Forest Street, Saugus
Adventure awaits! This program is for young hikers and their parents, best for ages 3-5. Join the park interpreter for a hands on exploration of the plants and animals that call Breakheart home! Hikes are approximately 1 mile and are not accessible for strollers. *Meet at the Visitor Center. Rain cancels.*

Tuesdays

BREAKHEART BIRDING, 9:00—11:00 a.m.
Visitor Center, 177 Forest Street, Saugus
Help our park interpreter identify and count the many different birds that visit Breakheart on this 2 mile hike. First time birders are welcome! Binoculars encouraged but not necessary. Best for adults and older children. *Meet outside the Visitor center. Rain cancels.*

Wednesday
July 13

FULL MOON HIKE, 9:00 p.m.—10:30 p.m.
Visitor Center, 177 Forest Street, Saugus
Registration Required — email brett.power@mass.gov
The full moon has been a vital part of many cultures for centuries. This 1.5 mile night hike includes viewing the moonrise, an explanation of moon phases and moon cycles, as well as a campfire and night-time activities. Bring a flashlight and dress appropriately! *Meet at the Visitor Center. Rain cancels.*

Saturday
July 2, 16

OFF THE BEATEN PATH, 10:00 a.m.—12:00 p.m.
Visitor Center, 177 Forest Street, Saugus
Join the Park Interpreter for this weekly hike! Each trip will highlight natural and historic features that make Breakheart unique. Hikes will range from 2—4 miles and travel on uneven and rocky terrain. Best for ages 8 and up. *Meet at the Visitor Center. Heavy rain cancels.*

Saturday
July 9, 23

FAMILY FISHING, 10:00—11:30 a.m.
Pearce Lake Beach
Join our park interpreter for a drop-in fishing program! Learn how to fish, what fish live in our ponds, and how to catch and release responsibly. Bait and a handful of rods will be provided but feel free to bring your own gear and fish with us and share your tips! No license required if fishing in this program. Best Appropriate for children 5 years and up. *Meet at the left side of Pearce Lake Beach. Rain cancels.*



coming events